

Now deep thoughts ...with Conestoga College

Ignored questions answered by random students

Do you have a lucky charm or ritual to help you through exams?



I lost my lottery ticket. I pressed my paych test and I won the lottery twice."

Althea Busch

"I wear a smoke ring. To me it means health and good luck. The one day I didn't wear it for a test, I didn't pass."

Cheryl Martin



"Drinking obscene amounts of coffee helps"

Conner Giergity



"I've brought a little good-luck troll into the exam before."

Joey Wilson



"I usually use the same pen for every exam. The pen I study with is the pen I write the exam with I'm afraid if I used a different pen I'd do badly."

Lisa Dwyer



"I have a specific shirt I always wear for tests"

Nihar Abdoel



"I always use the same pen. The \$3 per cent pen I've never written is less than \$3 per cent test with that pen in the last two years."

Warren Simpson

10 ways to save \$\$\$

by JACOB ANDERSON

Are you one of the first five students to school?

Now could be a great time to get out and your OASD money has started.

The question is, how do you spend it?

There is a possibility that many will have and money, students have a lot of cash.

Many people want to spend their cash, but they don't want to spend it on things that are not necessary. They don't want to spend it on things that are not necessary.

There is a guide to help avoid becoming addicted to OASD or other things that are not necessary. There is a guide to help avoid becoming addicted to OASD or other things that are not necessary.

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low prices on food and clothing items.

At 2000, a weekly batch of items is sold for \$2.99 or less.

On food

Conestoga's food bank is the best place to buy food for your family.

If you are lucky, you may find a good deal on food.

While you are at home, make sure you are not spending too much on food.

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(Photo by Greg Smith/SPOKE)

Hot diggity!

Lisa Dwyer practices her Hiding dream of being a meeting wonder at OPA bar in the second floor of Conestoga.

Dear Conestoga, you could be our next respondent

Federal budget fails to tackle real issues

While the federal budget released March 23 made some provisions for education, particularly for low-income families, it just isn't enough.

CIBC news online says some of the new government initiatives include the Canada Learning Bond. The bond could provide up to \$2,000 on average for post-secondary education. As a child's birth the government would provide an initial \$500 learning bond and each subsequent year thereafter could qualify for up to \$400 for 13 years. The bond will be available to those families who make less than \$15,000, with the money being paid out in \$250.

Other provisions include new grants of up to \$3,000 for first year post-secondary students from low-income families and an annual grant of up to \$2,000 for post-secondary students with disabilities. The federal government has also increased the limit on Canada Student Loans to \$2,500 per week from \$1,500 and has implemented an increase in the maximum debt reduction for "students facing hardship" to \$20,000 from \$10,000.

Despite the initiatives, the national director of the Canadian Alliance of Student Associations told the CBC that Finance Minister Ralph Goodale's budget is incomplete. "We needed to see an increase of at least \$4 billion annually to post-secondary education through a dedicated transfer payment to the provinces," James Kavanagh said.

Kavanagh compared the efforts of the budget to help low-income families pay for increased tuition costs to giving them \$400 to buy a television.

Over again, the federal budget seems to have implemented a policy full of stop-gap measures to alleviate some of the symptoms of an underfunded country, instead of addressing some of the root problems of Canada's post-secondary education.

Crumbling infrastructure, decreasing accessibility, and rapidly rising tuition costs were also again ignored.

On March 18, the Toronto-based *Maclean's*'s chief general manager Rick Ducharme told on the CBC's Canada Now that the TTC has been plagued by poor political decisions for years that has led to its current poor financial state. He said that Toronto needs a vision.

His comments hint that for our education system to work, Canada needs a vision, a grand design full of firm ideas to implement change and working solutions to help the Canadian people. Only then will the government address the root problems of Canadian society.



The tall thin student figure

It's time to open your eyes

By VALERIEA RAPPAPORT

While you are reading this article there are five million people in Africa dying due to poor water access.

Now, as the 21st century is getting under way, according to the United Nations, 13 billion people in the world today live in areas where water is in short supply. In fact, the UN has already reported that 2.6 billion people live in areas where water is in short supply by 2025.

It seems it may be time to consider a change in the way we think about water. We're used to thinking about water as a commodity, something we can buy and sell. But what if we think about water as a resource, something we can use to create value? What if we think about water as a resource that we can use to create value? What if we think about water as a resource that we can use to create value?

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Valeriea Rappaport

Opinion

much like biology, say the world is made of the stuff of 50 per cent of the world's population. As for the world's population, there are 6.5 billion people in the world today, and that's growing. By 2025, there will be 8 billion people in the world, and that's growing.

We are dealing with a global problem — one of great importance to the world's population. We are dealing with a global problem — one of great importance to the world's population. We are dealing with a global problem — one of great importance to the world's population.

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between 50 to 100 per cent of the time being long on them. This leaves little chance of survival for babies and women who depend on old growth forests. But forests are being cut down at 50 per cent of the world's plants and animal species. They supply the oxygen that we need to live. They supply the oxygen that we need to live.

It is not a secret that we have been here to change. As more of you come on board, you can see the way to take the planet. Contact your local MP about this and let us know what you think. It will be good.

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Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. We will be in contact for verification.

No unsigned letters will be published. Letters should be no longer than 500 words. **Spoke** reserves the right to edit any letter for publication.

Address correspondence to: The Editor, Spoke, 388 Devon Valley Dr., Room 4B54, Kitchener, Ont. N2D 4M4.

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Energizing the environment

By JASON ANDERSTROM

It's 11 a.m. that day in a small room in the basement of the University of Regina. A group of students are sitting at a long table, looking at a laptop screen. The screen shows a video of a group of people, some of whom are wearing hard hats. The students are looking at the screen with interest.

As the video begins to play, the students are looking at the screen with interest. The video shows a group of people, some of whom are wearing hard hats. The students are looking at the screen with interest.

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Photo by Jason Anderson

When your business is dead, don't spend time about thinking about it in the past.

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 Or contact Julie at (519) 748-5220 ext 3727



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11:30am - 1:30pm

April 13th & 14th

room 1B25

aromatherapy

massage

reflexology

deep breathing



—Stress Free Zone—

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Figure 1

...that is, a people's knowledge of the conditions under which they are able to realize their rights and interests, and the means by which they can achieve them.

According to the author, who is not only a company but also a man, a number of small-scale farmers, a village, a town, a district, a province, a country, and even the world, have been his audience, and he has been

Another factor that is important in making these reports so useful is the way that they are organized, starting in the least important, biggest. This is called *top-down* because it starts at the top and goes down. It starts with the most important information and then goes on to the less important information. This is the way that the most important information is presented first, and then the less important information is presented later. This is the way that the most important information is presented first, and then the less important information is presented later.

It had not all started out as confusion. When the oil price broke, according to Johnson, understandably, that oil had a lot less readily available on any country's supply, so more and more

Finally, within a country, there is also an effect of the size of the country, showing that the larger the country, the more likely it is to experience a downward trend in growth.

If you talk to the judge, the people involved, it will make your head hurt and it will hurt you, with nothing to show for it.

Winning these issues is neither a realistic solution. These newspapers will pay lots of money to do a thousand times amount of work. They'll have more money, know more technology. But as society these issues will support you to produce negative effects. It is easier to make a case that

[illegible]

1. *What is the purpose of the study?*
 2. *What are the research objectives?*
 3. *What is the research methodology?*
 4. *What are the results of the study?*
 5. *What are the conclusions of the study?*
 6. *What are the implications of the study?*
 7. *What are the limitations of the study?*
 8. *What are the future research directions?*
 9. *What are the references of the study?*
 10. *What are the appendices of the study?*

[illegible]

In the exam room, and Chatterbox-type demands causing you to lose sleep? Having a sleep problem can affect your mood, ability to concentrate and energy levels. No matter which comes first, the stress or the insomnia, improving your sleep can improve your ability to cope with daily stresses.

The most common sleep problems include sleep onset insomnia (taking more than an hour to fall asleep), sleep maintenance insomnia (frequent waking and difficulty returning to sleep at night) and early morning waking. Others include hypersomnia (sleeping too much), sleep apnea (snoring) and restless leg syndrome (leg discomfort and restlessness).

Theresa: Now, I'm talking about the same person, I mean, I'm talking about the same person.

- **Avoid over-the-counter sleeping medications.** These may help you to fall asleep, but can disrupt normal sleeping patterns and leave you sleepier during the day.
- **Maintain a standard bedtime.** Go to bed within an hour of the same time each night to avoid "jet lag."
- **Don't go to bed too early.** If you're waking up in a bad mood, don't change your bedtime drastically. To avoid tension and anxiety, go to bed a half-hour to an hour before the time you normally go to sleep, and then gradually go to bed earlier (e.g., by half an hour a week).
- **Set a standard rising time.** Help set your internal clock by keeping the temptation to sleep in on weekends.
- **Have your bedtime for sleep.** Avoid activities inconsistent with sleeping in your bed. Don't study, read, talk on the telephone or watch television in bed to help associate the bed with sleeping.
- **Create a good sleep environment.** For most people, a good sleeping temperature falls between 18°C to 21°C. Avoid pose problems by using earplugs, soundproofing the room or wearing white-noise or pink-noise.
- **Avoid napping during the day.** This can disrupt your ability to go to sleep at night.
- **Prepare for sleep.** Avoid strenuous activity, exercise, heavy meals and bright light (at least an hour before bedtime).
- **Practice breathing or distraction strategies** when attempting to go to sleep.
- **Thinking about problems or planning for the next day does not help you go to sleep.** These cause stress and lead to sleepless beds. It's best to write down your thoughts.

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If you see the signs of stroke, call 911 immediately. Every minute counts.



STROKE
Know the signs. Act fast. Call 1-800-GO-STROKE.



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Hawaiian Dreams

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-SANCTUARY-

Thursday April 8th

9pm



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